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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Wednesday, December 28, 1932.

(FOR BROADCAST USE ONLY)

Subject: "New Years Dinner." Information from the Bureau of Home Economics,
U.S.D.A.

--oooOooo--

My private opinion is that our friend the Menu Specialist deserves a bright and shining medal for her noble work during these holidays as well as for all the menus she has planned during the past years. Lately, she's had to plan menus at a fast and furious rate, first for Christmas festivities, and right on top of that, for New Years. And you know how people are. Some of them ask for simple, low-cost menus while others want more fancy food. Some people need breakfast plans while others need lunch and supper plans. Some hostesses write that the relatives are coming for dinner on New Years Day and others say that their friends are dropping in to watch the old year out and the new year in and they want to know what to serve at a midnight supper.

No wonder if the Menu Specialist sighs now and then and says, "Menu may come and men may go but menus go on forever."

To you and me the Menu Specialist has been extra generous. She's planned two New Years' menus. The first one we'll talk about today. This is a simple New Years dinner suitable either for the family or for guests. Then, on Friday, I'll give you plans for light refreshments for a New Years' Eve watch party.

Have you ever made a rabbit pie? It is an excellent New Years dish, either for dinner in the middle of the day or at night. You make rabbit pie just as you do chicken pie. And many people can't tell the difference.

You can make rabbit pie from either wild or domestic rabbits but the flavor of the meat is different. Most people consider that domestic rabbit is superior to wild both in the flavor and the color of the meat. All the meat on a domestic rabbit is white and delicately flavored throughout.

Most of the domestic rabbits go to market when they are from eight to ten weeks old. They're then called "fryers." The bones of these quickly grown rabbits are very brittle, and in preparing the meat for cooking, you should take care that to break them in such a way that they don't sliver. Like young chickens and tender steaks and chops, young rabbits cook best by the quick methods of frying or broiling. Older rabbits need longer, slower cooking. They are excellent in rabbit fricassees, casserole dishes, rabbit pie, croquettes, salad, chop suey and all the other ways adapted to nature fowl and the less tender cuts of meat.

So much for some general facts about rabbits. Now for the recipe for rabbit pie. This is not an expensive dish and it's a very good one. As we mentioned a minute ago, you don't have to buy a tender, young rabbit for pie. Older meat will be just as good. If you have your pencils ready, I'll give you the recipe for a New Years' rabbit pie. You'll need nine ingredients.

Here they are:

1 rabbit
1/2 teaspoon of salt
1 onion, chopped
1 green pepper, chopped
1/2 cup of chopped parsley
3 tablespoons of butter or other fat
Flour
Dash of tabasco sauce, and, of course,
Pastry.

I'll repeat those nine ingredients. (Repeat.)

There are the things to use in making the pie. Now here's how you make it. After wiping the meat with a damp cloth, cut it into two or three pieces. Place it in a kettle, barely cover with hot water, add the salt and partly cover the kettle. Simmer until tender--or about one and one-half to two hours for a mature rabbit. Drain and measure the broth, and remove the meat from the bones in large pieces. Cook the onion, green pepper, and parsley for a few minutes in the fat in the skillet and stir frequently. For each cup of broth, measure 1 and 1/2 tablespoons of flour and mix well with the fat and seasonings. Add the broth and stir until thickened. Add more salt if you need it and a dash of tabasco sauce. Mix well with the rabbit meat and pour into the baking dish. Cover with pastry and bake in a moderate oven (350 degrees F.) until the crust is golden brown.

If you prefer, you can serve a nice big chicken pie for New Years instead of rabbit pie.

Now here's the whole New Years dinner menu. Rabbit or chicken pie; Cranberry sauce; Baked sweet potatoes; Buttered cauliflower; Celery; Crisp pickle; Peanut brittle ice cream or Orange sherbet; Christmas cookies to go with the frozen dessert; and Coffee.

Here's a hint about cooking cauliflower to keep it white in color and delicate in flavor. Drop the sections in boiling slightly salted water and cook until just tender. Not a minute longer. Add butter and serve immediately.

Tomorrow: "Fake Medicines."

